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## CHFS 5 A Day Challenge Recipe Contest deadline is today

Today is the final day to submit recipes for the CHFS 5 A Day Challenge Recipe Contest. Support the 5 A Day Challenge by entering a favorite recipe that features fruits and vegetables.



Prizes will be awarded to the winners and first runners-up in each recipe category. All recipe entries will be included in an online cookbook.

There are four recipe contest categories:

- Fruit or vegetable appetizers/snacks
- Fruit or vegetable soups/salads/side dishes
- Fruit or vegetable main courses/entrees
- Fruit or vegetable desserts/ baked goods

Judges will be looking for recipes that are great tasting, creative and healthy. The following criteria will be used to determine the finalists:

- Healthy (50 percent) – nutritious recipes using fruits and vegetables.
- Creativity and Originality (50 percent) – think “unexpected” or “cutting edge”

Chef Mike of the CHFS Café will prepare the two finalist recipes in each contest category on Aug. 10 for judging. The judging panel will be made up of 25 randomly selected 5 A Day Challenge participants who will taste each of the recipes and select a winner in each category.

Be sure to identify specific measurements for each ingredient. For example, instead of writing one can of diced tomatoes, write one, 14-ounce can of diced tomatoes.

## 5 A Day Recipe Contest Rules and Entry Form

Follow the link below for contest rules and to complete the online entry form, or create your own including the following information: category, name of recipe, ingredient and measurement list and recipe instructions.

Contest rules and the online entry form can be found at <http://chfs.ky.gov/olpa/dc/focus/fw/article4.htm>.

## 5 A Day activities open to all

The Nutrition Subcommittee of the Worksite Wellness and Health Promotion Committee would like to invite all CHFS employees to take part in the CHFS 5 A Day Challenge

Activities. We're delighted that more than 150 people are involved in the challenge competition and tracking their daily and weekly servings of fruits and vegetables. However, for those not competing in the challenge, we still want you to benefit from the activities we're sponsoring in conjunction with the 5 A Day Challenge.



The 5 A Day Challenge Recipe Contest and the Fruit and Vegetable Find are two of the current activities available to CHFS staff. These 5 A Day activities are designed to broaden your knowledge of the health benefits of fruits and vegetables and help you include more of them in your daily diet.

We hope all CHFS employees will take advantage of opportunities to have some fun, compete for prizes and learn more about the many ways a healthy diet - that includes at least five servings of fruit and vegetables a day - can enhance your overall health and well-being.

## 5 A Day Challenge: Who has time to cook five servings a day?

*Adapted from the Centers for Disease Control Web site, 5 A Day FAQs*

Try these ideas to quickly and easily prepare flavorful fruit and vegetable meals. Many of these preparation methods can be adapted for use in your own recipes and dishes using different fruits and vegetables that you and your family will enjoy AND won't cramp your already busy schedule.

## Salads and side

- Toss a can each of kidney beans, wax beans, chickpeas and green beans with low-fat vinaigrette for an ultra-fast bean salad.
- Add fresh herbs to vegetables before you roast, stir-fry or steam them. Some good herb-vegetable companions are tomatoes with basil and oregano and carrots with dill.



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- Broil sliced vegetables like zucchini, bell peppers, eggplant and tomatoes, for just a few minutes until they blacken around the edges. Serve warm with a light dressing of lemon juice, reduced-fat mayonnaise and black pepper.
- Grill fruits and vegetables. Wrap sliced fruits and vegetables in aluminum foil or put on skewers and grill over medium-hot coals. Pineapple, yellow squash, eggplant, nectarines, zucchini, cherry tomatoes, onions and mushrooms are all great on the grill.
- Chop tomatoes, mangoes, avocados, red onions, cilantro and lime juice to make a delicious homemade salsa.
- Buy pre-cut, ready-to-eat, washed and packaged fresh vegetables and fruits.
- Serve fruits and vegetables that require little peeling or chopping, like baby carrots, cherry tomatoes, cauliflower, grapes, apples, broccoli spears, apples and bananas.
- Blend low-fat yogurt, fruit juice and fresh canned or frozen fruit to make your own smoothie.

## Entrees

- Add 1–2 cups of frozen vegetables to canned soup before heating; serve on top of rice in a shallow bowl.
- Create dinner in 20 minutes by topping a 12-inch baked pizza crust with sliced zucchini, fresh spinach, mushrooms, tomatoes, garlic, onion and cheese. Bake at 400 degrees until the cheese bubbles.
- Add grapes and sliced apples and pears to your homemade or store-bought chicken salad or add sliced tomatoes, radishes and green bell peppers to a tuna salad for a light, nutritious meal.
- Top broiled meat, chicken or fish with salsa. Each ½ cup of salsa equals one serving.
- Stuff a fresh tomato with chicken, seafood or tuna salad.
- Prepare stuffed peppers, substituting chopped zucchini or mushrooms, shredded carrots or other veggies in place of rice. Freeze leftovers for later use.
- Prepare vegetable lasagna (replace meat with eggplant, zucchini, yellow squash, mushrooms, sliced/shredded carrots and other vegetables) and freeze in serving portions to quickly warm in the microwave for a healthy meal on the go.



## Other preparation tips

- Use gadgets, such as kitchen shears and swivel peelers, to make the prep job easier.
- Microwave instead of steaming, boiling or re-heating foods on a conventional gas or electric range/oven.
- Using frozen or canned fruits and vegetables is a good time saver.



## Play 5 A Day Fruit and Vegetable Find

As part of the 5 A Day Challenge, beginning Aug. 1, CHFS employees can play Fruit and Vegetable Find to qualify for prizes and learn more about the nutritional value of a host of fruits and vegetables. All CHFS employees may play whether or not they are participating in the 5 A Day Challenge.



Pictures of fruits and vegetables with trivia questions on the back will be strategically located throughout the CHR and CHS buildings. When you find one of the pictures, remove it and write the answer to the question on the back. Then, send the answer to your game piece question to Elizabeth Fiehler by e-mail at [elizabeth.fiehler@ky.gov](mailto:elizabeth.fiehler@ky.gov) or drop off your game piece with the answer written on the back to mail stop HS2WD. The fruit and vegetable find game will run through Aug. 8.

The names of those who e-mail a correct answer or turn in an answered game piece will be entered in a prize drawing.

So, keep your eyes peeled for pictures of fruits and vegetables beginning Aug. 1. If you are the first to spot one, pull it down, turn it over and answer the 5 A Day trivia question. Then e-mail your answer or turn in your game piece.

For more information about the 5 A Day Challenge Fruit and Vegetable Find or any aspect of the challenge, e-mail [Elizabeth.Fiehler@ky.gov](mailto:Elizabeth.Fiehler@ky.gov).

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## Coffee Break with KEAP!

The Kentucky Employee Assistance Program is offering several workshops for State Government employees. Employees can come out for a cup of coffee and pick up timely, relevant information about issues of personal concern.



The workshops will be held at the Personnel Cabinet office at 801 Teton Trail in Frankfort and are limited to 35 participants. A minimum of 10 participants must be present for the workshop to take place. Employees must seek a supervisor's approval before enrolling.

Please register by e-mail: [Rebecca.Waddle@ky.gov](mailto:Rebecca.Waddle@ky.gov).

Below is a list of the remaining workshops.

- **Aug. 10, 9-10:30 a.m.** - State Employee Money Management with Mary Jane Cowherd. Registration deadline: Aug. 3
- **Aug. 18, 9-10:30 a.m.** - Rebuilding Your Life After Separation or Divorce with Barbara Henderson. Registration deadline: Aug. 11
- **Aug. 25, 9-10:30 a.m.** - Anger Management with Trina Wilkins Jennings. Registration deadline: Aug. 18
- **Sept. 8, 9-11 a.m.** - KEAP as a Management Tool with Trina Wilkins Jennings. Registration deadline: Sept. 1.
- **Sept. 15, 9-10:30 a.m.** - Drug Free Workplace with Mary Jane Cowherd. Registration deadline: Sept. 8